

## **Vibration Exercise Reverses Patient's Osteoporosis in Only 4 Months!**

*By Dr. Karl R.O.S. Johnson*

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In only 4 months, Aline Colbert, a patient of Shelby Township chiropractor Dr. Karl Johnson, has reversed her osteoporosis condition to osteopenia by using Whole Body Advanced Vibration Exercise . In those 4 months, Miss Colbert has increased her bone density 1.9% by using WAVE. “After consulting with Dr. Johnson about my condition, he informed me of the benefits of Whole Body Advanced Vibration Exercise (WAVE) in building bone density. I started WAVE therapies in November and used the machine three times a week for 4 months. My follow-up bone scan showed an increase of 1.9% bone density in the spine! This is now just osteopenia, and not osteoporosis”, said Colbert.

WAVE is a vibrating platform that allows for muscles to contract comfortably by the expulsion of gentle vibrations sent throughout the whole body which helps build muscle strength and, in turn, increases bone density. “Vibration exercise has allowed me to treat the whole person. We all know that intense weight training has a positive effect on bone density, but most of our patients may not be able to, or are unwilling to do it. Vibration exercise only takes 15 minutes, three times per week, and has allowed me to provide comparable exercise effects on my patients”, said Dr. Johnson.

Other WAVE advantages include:

- Better balance and coordination by exciting reflexes in joints
- Reduction of joint pain by stretching the joints which raises blood flow to the area
- A firming of connective and muscle tissue
- Toxins are forced out of muscle cells
- Better blood circulation throughout body

For an interesting interview about the effect WAVE has on reversing osteoporosis, please contact Dr. Karl Johnson at (586) 731-8840.

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At Chiropractic & Nutrition Wellness Center, our passion is to share and celebrate in the healing journey of every family and individual who chooses to be lovingly served by us in a relaxed atmosphere.

We recognize health is an inherent state of well-being in mind, body and spirit. Our role is to remove any interference to health expression through optimal chiropractic and nutritional care supported by wellness education.

Throughout our 25 years in business, our goal has always been to help create a world of maximized health and optimum human potential.

Category Health, Fitness, Technology  
Tags wave, whole body advanced vibration exercise, osteoporosis, osteopenia, vibration exercise, exercise, bone density  
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